

Mentoring
is...

**providing a
hand up,
not a hand out.**



What is reentry mentoring?

A developmental relationship in which a more experienced person helps a less experienced person develop an enhanced sense of self-worth and specific knowledge and skills to prepare them to be successful and to support them throughout the reentry process.

Mentors are...

- * Good listeners
- * Role models
- * Humble
- * Non-judgmental
- * Fair and unbiased
- * Positive
- * Caring
- * Discreet
- * Sensitive
- * Patient
- * Committed
- * Tolerant
- * Stable
- * Reliable
- * Goal setters
- * Encouragers

What do Mentors do?

- * Begin with a discussion of expectations and goals
- * Lead by example
- * Practice empathy
- * Listen patiently
- * Build trust and accountability
- * Maintain regular communication
- * Return phone calls and e-mails promptly
- * Model a positive attitude
- * Maintain appropriate boundaries
- * Behave ethically
- * Keep their word
- * Put public safety ahead of their own interests
- * Foster productive relationships

Mentoring Before Release

- * Friendly conversations
- * Bible studies
- * Singing hymns or favorite songs
- * Educational classes
- * GED tutoring
- * Exercise or yoga classes
- * Motivational book studies
- * Relationship skills training
- * Life and job skills training

Mentoring After Release

- * Meals
- * Exercise
- * Church activities
- * Community and fundraising events
- * Support groups
- * Zoos
- * Museums
- * Art Galleries
- * School concerts, plays and sporting events

Mentors can help mentees

- * Obtain employment
- * Find safe and affordable housing
- * Address spiritual needs
- * Navigate systems to obtain needed resources and services
- * Build cognitive (thinking) skills
- * Join in pro-social activities such as volunteer work
- * Navigate treatment systems
- * As coach related to mental health needs
- * As coach related to substance abuse needs and education
- * Think through relationship issues
- * Reconnect only with safe and supportive individuals

Good mentors are not...

- * Insensitive
- * Impatient
- * Intolerant
- * Rigid in their opinions
- * Too busy to be consistent
- * Struggling with personal issues
- * Volunteering for status
- * Promoting hidden agendas
- * Taxi drivers
- * Loan arrangers
- * Gullible or naïve
- * Enablers
- * Friends or family

Benefits of mentoring...

- * Opportunities to learn
 - * Relationship skills
 - * How the American social system works
 - * What resources and services are available locally to help the disadvantaged be successful
 - * How to help without fostering dependency
- * Meaningful relationships and experiences
- * Personal growth and satisfaction
- * Broader understanding of social problems
- * Contribution toward a safer community
- * Lasting legacy

Mentor Admission Process

- * Mentor Application
- * Background Check showing at least three years since any addiction treatment or involvement in the criminal justice system
- * Initial Interview
- * Training
- * Mentor Agreement
- * Monthly contact records –or-
- * Weekly group sign-in sheets (or both)
- * Incentives or stipends may be available

Mentoring Program Guidelines

- * Communicate with mentees at least once each week and four to six hours monthly
- * One month before release if possible
- * Six to twelve months after release
- * Follow-up by checking in with mentee monthly for one year or more if mutually desired

Safety First

- * Never work with a mentee who's under the influence of drugs or alcohol.
- * Reschedule the meeting and discuss the incident to the program manager, probation or parole officer or both.
- * For referrals to substance abuse assessment and treatment providers call 800-662-HELP or go to the treatment locator at www.samhsa.gov.

Criminal Thinking Errors

- * Closed channel thinking- my way or the highway
- * Victim statements
- * Fearlessness
- * Intimidation of others
- * Views self as “good enough” or unlikely to change
- * Entitlement attitude
- * Lack of effort
- * Lack of time perspective
- * Lack of interest in being responsible

Victims Issues

- * Being the victim of a crime changes the lives of the victim, their children and schools, friends and co-workers, church and community.
- * Mentors need to be aware of any court orders that forbid mentees to contact victims and their family members, their partners in crime or others.
- * For information or assistance contact
 - * Mentee's parole or probation supervisor or
 - * The Victim Issues Coordinator at your county attorney's office or the state department of corrections.

Domestic Violence Warning Signs

- * Relationship forms quickly and intensely
- * Unable or unwilling to define or label a relationship
- * Highly critical and controlling of partner
- * Negative, derogatory attitude toward partner
- * Partner checks for approval frequently
- * Jealous and/or possessive
- * Anger management and mood issues
- * Blames others for problems
- * Abuses substances

Signs of Mental Illness

- * Confused thinking
- * Extreme highs/lows in mood
- * Excessive worry, fear
- * Social withdrawal
- * Strong anger
- * Delusions or hallucinations
- * Denial
- * Unexplained physical problems
- * Fatigue
- * Aches and pains
- * Abuse of drugs and/or alcohol
- * Irritability
- * Loss of interest
- * Concentration problems
- * Sleeping problems
- * Appetite changes
- * Persistent feelings: sad, empty, hopelessness, guilt, helplessness
- * Suicidal thoughts

For More Information Contact

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